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CAN NICKI MINAJ FILL JLO'S 'IDOL' SEAT? {page 09}

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Tuesday, August 21, 2012

GETTY IMAGES

Hey, Philly Republicans, he's coming for your cash

City gets its first glimpse of GOP vice presidential candidate today Expected to light a fire under his party's fundraising, grassroots efforts in region {page 04}

News

Police declare motive in cop's street slaying

Robbery suspected as video of moments before officer's death emerges Two men seen apparently stalking him {page 02}

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As reward grows, cops declare motive in Saturday slaying

- Two men captured on surveillance appear to stalk slain officer
- Robbery likely reason for shooting
- Cops may be honing in on shooters

LEFT: PAIGE OZAROSKI/METRO; RIGHT: PHILLY PD

▶ Officials set up a memorial at headquarters.

▶ Walker "was young-looking ... dressed with a backpack on and shorts."

Reward money is pouring in for information leading to the arrest of two men believed to have shot and killed Officer Moses Walker Jr. early Saturday morning as he walked to the bus stop after finishing up his shift at the 22nd District in North Philadelphia.

By the end of the press conference, it had grown to $69,500. As of presstime last night, it was up to $88,000 — and still rising.

In the footage, Officer Walker can be seen leaving the 22nd District station shortly before 6 a.m., clad in a baseball cap, sweatshirt and shorts.

"As you see right there, he looks to his left a couple times and we believe that's the first time he sees the suspect," Homicide Capt. James Clark said as the video showed Walker approaching the 1900 block of Cecil B. Moore Avenue, a block from the spot he died. "There's our two suspects right there. They're following behind him."

Investigators have determined that a robbery was announced and gunfire likely erupted when Walker drew his weapon in an attempt to defend himself. He was shot three times — once each in the chest, stomach and hand.

They believe the crime was random. "Obviously, the way the officer was dressed, he was young-looking, he was dressed with a backpack on and shorts," Clark said. "He looked like a young civilian walking down the street and I believe that was why he was targeted. [There was] no reason for them to know he was a Philadelphia police officer."

They also believe it is likely that the suspects are from the area. "Six o'clock in the morning on a Saturday, we have to believe that individuals walking the streets at that moment to engage someone who they did not know more than likely do, in fact, live in the community or come from right across town," Nutter said.

ALEX WIGGLESWORTH
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Quoted

"I think it's a wonderful thing [Walker's family] has the support of the FOP. Hopefully, they get the support of the community coming forward to say, 'Enough is enough.'"

DORIS SAUNDERS, A FRIEND OF THE VICTIM'S MOTHER WHO DESCRIBED WALKER AS A "VERY NICE, RESPECTABLE YOUNG MAN"

Break in case may come from arrest

Police said it may not be the first time the suspects have struck — there are several crews in the area committing similar robberies. "We're in the process of gathering them up, bringing them in and, one by one, we'll either find that they are doers or discount them," Clark said.

Highway Patrol officers yesterday arrested a man during a vehicle stop in North Philadelphia that could possibly lead to a break in the case. "He had an open arrest warrant for another robbery very similar in that area," Clark said. "We don't know if he's one of these males [in the video] or not, but obviously we're going to bring him in and we're going to talk to him."

Saunders said the heightened sense of scrutiny is palpable to residents on the ground. "The streets are on lockdown because the cops' presence is really being felt right now," she said. "It felt good walking to the corner store and having a cop nearby, but it's unfortunate that it takes a tragedy for that to happen."

In the news

Sex offender calls park home

Upper Darby police Superintendent Michael Chitwood is calling out state police after Steven Sherlock, 30, a homeless, sexually violent predator convicted of assaulting a teenage girl, was permitted to register for the offender database using Naylor's Run Park as his address, according to multiple reports. Chitwood said he has ordered officers to arrest Sherlock if he is found there after dark. METRO

In the news

Not-so-honest Philadelphia

Philadelphia placed 25th in a national survey of cities and popular tourist destinations in the now annual test of "honesty" by drink company Honest Tea. The study, which involves giving people the opportunity to pay for one of its drinks or take it for free, found 89 percent of Philadelphians paid.

▶ A new fleet chief was named.

New ops chief named at SEPTA

CENTER CITY. SEPTA has appointed a new assistant general manager to take over care of the transit agency's 2,000-plus vehicles.

Ronald Hopkins, a 22-year veteran who for the past 11 years has overseen the agency's control center, will now be in charge of operations, which includes 7,000 SEPTA employees.

"One of his foremost accomplishments was overseeing the consolidation and centralization of all modes of operations into a state-of-the-art control center," SEPTA General Manager Joe Casey said. METRO

Lawsuit out of 'dungeon'

PHILADELPHIA. One of the alleged victims in the Tacony dungeon case is suing the city of Philadelphia for placing her in Linda Ann Weston's care in 2002.

Beatrice Weston, niece of Linda Ann Weston, was among five people allegedly imprisoned in an apartment until authorities discovered them last October. Weston was granted custody despite a conviction for starving a man. METRO

Taking on lung cancer

UNIVERSITY CITY. The Wistar Institute has received a $1 million grant from the state to develop the first practical blood test for lung cancer.

Researchers at Wistar are working on a way to detect lung cancer in the early stage, when it is most treatable. They will be analyzing blood samples from patient volunteers with the goal of developing a better way to collect and analyze samples. METRO

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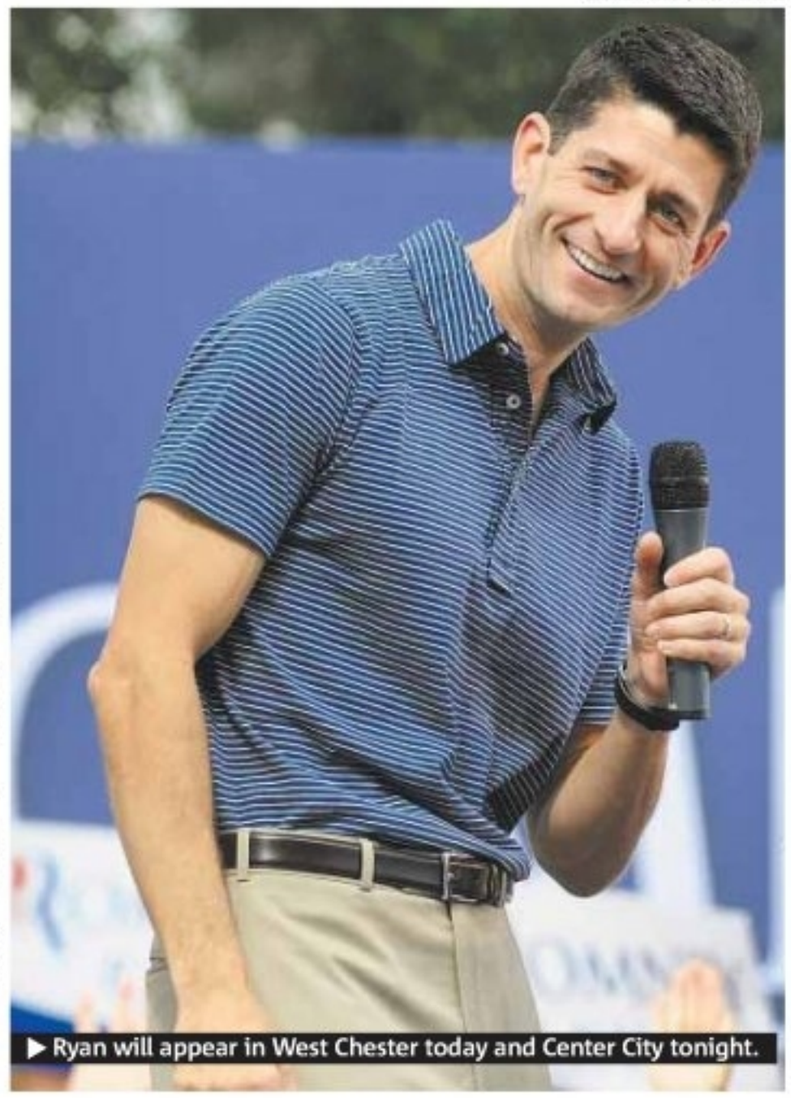
Ryan expected to 'suck money out' of Philly

- GOP's new rock star seeks to raise his profile in appearances today
- Center City fundraiser could raise six digits for the Republicans

GERARDO MORA/GETTY IMAGES



▶ Ryan will appear in West Chester today and Center City tonight.

Republican vice presidential candidate Paul Ryan will make his first campaign stop to the Philadelphia suburbs today as the GOP hopes to turn the Keystone State red in November.

Ryan will greet supporters at the American Helicopter Museum and Education Center in West Chester in the afternoon before heading to a fundraiser in Center City. The latest poll, taken before Ryan's selection, had Republican presidential candidate Mitt Romney closing in on President Obama in Pennsylvania, trailing by six points.

Ryan's selection as Romney's running mate has energized voters in the party's base a few weeks ahead of the Republican National Convention. Pundits credit his hard-working style and connection with younger voters for his popularity.

"If his reception in southeastern Pennsylvania is anything like his reception in the rest of the country, it's obvious he's brought a lot of enthusiasm and that's something you want in a selection," said Christopher Nicholas, political director of the Pennsylvania Business Council and a former GOP campaign strategist.

With Pennsylvania again expected to be a swing state, the southeastern part of the state is critical as Republicans look to improve on their dismal numbers in 2008.

"Obviously if the Romney-Ryan ticket does well enough in the southeast portion of the state, it's going to carry the state," said Don Adams, president of the Independence Hall Tea Party PAC.

One consultant estimated that the Ryan fundraising event could generate between $500,000 and $1 million.

Despite an appearance by the rising GOP star, Democratic consultant Larry Ceisler said he does not expect Republicans to compete in the region.

"I think when they bring Paul Ryan in, they bring him in to suck money out," he said.

SOLOMON D. LEACH
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Quoted

"I think that Ryan works for [Romney] in a number of places, but not here." CEISLER

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Film. 'Paranoia' production

▶ A New York City police cruiser fake-patrolled the 1600 block of Locust Street yesterday as another film shoot used Center City as the backdrop for a fake New York City.

PAIGE OZAROSKI/METRO

Philly posed as NYC in yet another film

Several Center City blocks were closed yesterday for the filming of "Paranoia," a movie starring Harrison Ford, Gary Oldman and Liam Hemsworth. The movie, based on Joseph Finder's 2004 novel of the same name, has been filming throughout the city at various points this summer.

Concert hall to be built on Franklin Parkway

Construction will begin this Thursday on a Benjamin Franklin Parkway concert venue to house Jay-Z's "Budweiser Made in America" festival over Labor Day weekend, according to a statement released yesterday by Mayor Michael Nutter updating event logistics.

He said the construction will cause "minimal" traffic interruptions until Aug. 30, when street closures and parking restrictions along the Parkway and in Fairmount will begin and ramp up until the festival's Sept. 1 start. The closures include the Parkway between the Art Museum and Logan Circle, stretches of 21st through 25th streets in the Art Museum area and large swaths of Kelly and Martin Luther King drives.

Jay-Z picked the lineup of nearly 30 acts, which will be performed on three stages from 2-11 p.m. Sept. 1-2. Three police beacons with flashing lights and an information map positioned outside the festival will show concert-goers where police are deployed and a joint police, fire and EMS mini-station will be set up.

GETTY IMAGES

▶ Jay-Z

"Jay-Z and the Budweiser Made in America Festival are setting a new standard in live entertainment."
MAYOR MICHAEL A. NUTTER

The concert is the first paid, ticketed event on the Parkway, but Nutter said the city can handle it.

"Philadelphia has extensive institutional experience in managing large events on the Parkway and other sites in the city. Every year, we have detailed plans for public safety, street access, trash removal, and we successfully accommodate 400,000 to 500,000 visitors on the Fourth of July at Wawa Welcome America," he said. "The organizers of the Budweiser Made in America Festival are planning for about 50,000 ticket holders, roughly the size of a sold-out Phillies game."

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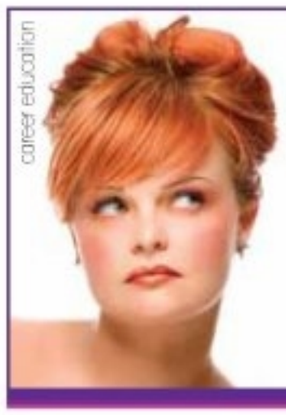
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Augusta. Members

▶ Augusta National's membership policy has been an issue for years.

JAMIE SQUIRE/GETTY IMAGES

Augusta admits first women

Augusta National Golf Club, home of The Masters golf tournament, yesterday said it has admitted two women as members for the first time: former U.S. Secretary of State Condoleezza Rice and financier Darla Moore. The Augusta, Ga., club's previous status as male-only has drawn criticism for years. Ahead of this year's Masters tournament, President Obama weighed in on the matter, saying through a spokesman that he believed women should be admitted. REUTERS

GOP distance themselves from Akin rape remark

Mitt Romney and the chairman of the Republican platform committee worked to distance their party from a Missouri Senate candidate's remark that "legitimate rape" rarely leads to pregnancy.

The comment by Todd Akin, 65, a congressman who is running to oust one-term U.S. Sen. Claire McCaskill, a Democrat, quickly went viral on the Internet, sparking outrage from women's groups and Democrats and prompting him to issue an e-mailed retraction.

Romney sought to separate his campaign from the remarks, telling National Review Online that Akin's comments were "insulting, inexcusable, and, frankly, wrong," the former Massachusetts governor said. "Like millions of other Americans, we found them to be offensive," he said.

Akin's comments are receiving attention in a campaign where Republicans are seen as being hostile toward women. In the interview, Akin said abortion shouldn't be allowed in rape cases, in part because pregnancy was unlikely to result. "From what I understand from doctors, that's really rare," said Akin, who has served in the U.S. House since 2001. "If it's a legitimate rape, the female body has ways to try to shut that whole thing down." BLOOMBERG

BILL CLARK/CQ ROLL CALL/GETTY IMAGES

▶ Akin

GOP lawmaker skinny-dipped on Israel trip

A group of Republican lawmakers and staff jumped into Israel's Sea of Galilee last year after a night of dining and drinking, and one freshman congressman swam naked, Republican aides confirmed late on Sunday.

The incident, first reported by Politico on Sunday, was investigated by the FBI and led Republican leaders in the House of Representatives to reprimand the 30 lawmakers on the privately funded trip.

Rep. Kevin Yoder stripped naked before jumping into the Sea of Galilee after dining and drinking at a waterside restaurant in the town of Tiberias, Politico reported, citing more than a dozen sources, including eyewitnesses. Other participants, including the daughter of another congressman, swam fully clothed, while some lawmakers partially disrobed, Politico reported. REUTERS

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Drexel's Autism Institute goes mobile

PHOTO COURTESY DREXEL UNIVERSITY

▶ The converted van (shown in this design) will be used as a mobile facility to test for and diagnose autism.

Drexel students design a mobile unit to deliver autism testing to under-served local communities

The newly established A.J. Drexel Autism Institute of Drexel University — the first institute in the country to treat autism as a public health issue — is working on plans to put Philadelphia's first mobile autism unit on the road. The converted van will be used for testing and diagnosis, with the intention of getting help to currently underserved communities.

When it came time to find designers for the van conversion, the institute kept it in the family: They turned to students at the university's Westphal College of Media Arts and Design. D.S. Nicholas, an assistant teaching professor in the Department of Architecture and Interiors, was tapped to teach an interdisciplinary course tasked with coming up with design proposals.

"The students were given a brief listing of all the things the bus needs, articles about autism and a video of an actual assessment happening," Nicholas explains. "In addition, the van manufacturer came to campus, bringing an uncustomized van that the students could measure and photograph."

The students worked in teams of three to develop plans for a van that could be used in a variety of ways, including both one-on-one counseling and as a base for outreach at community events.

"I'm really proud of all of the students," Nicholas says. "They came up with creative strategies for meeting the institute's needs."

PHOTO COURTESY DREXEL UNIVERSITY

▶ Yoshie Takeo, Grace Lam and Alexis Siriani pose in front of their winning design concept.

Team 'worked well together'

The winning design was submitted by interior design students Alexis Siriani and Yoshie Takeo and graphic design student Grace Lam.

"We worked well together as a team," Siriani explains, "since we each have a different expertise."

In Siriani's case, that includes her experience as a pediatric physical therapist for the past 13 years. She has returned to school at Drexel to gain skills in improving accessibility in both public and private spaces for children with special needs.

"I'm really proud of all of the students. They came up with creative strategies for meeting the institute's needs."
NICHOLAS

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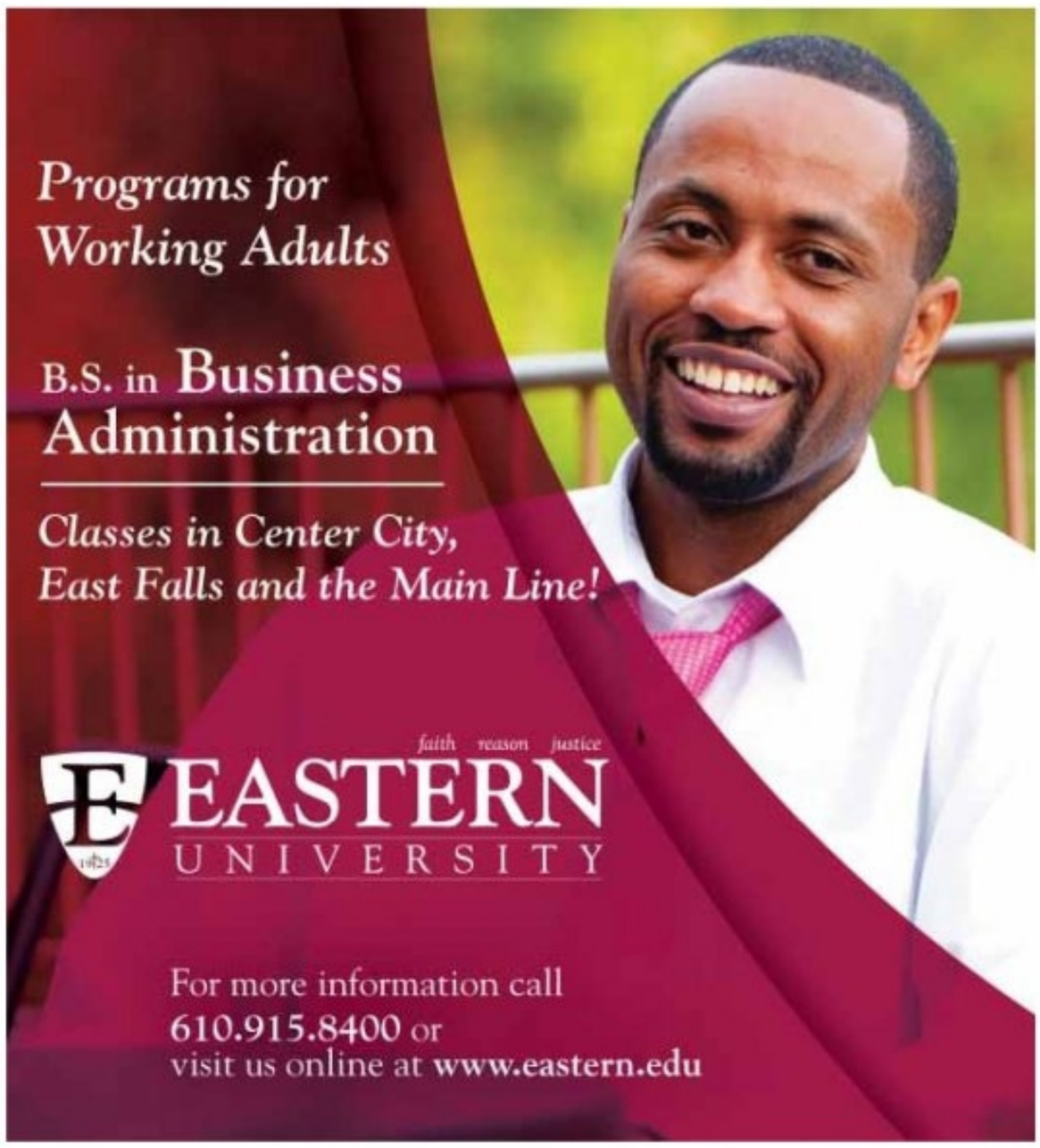
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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

Nicki Minaj the latest 'Idol' judge

ALL PHOTOS: GETTY IMAGES

▶ All we want for Christmas is a list of Nicki Minaj's dressing room demands.

"American Idol" hasn't had any trouble replacing former judges **Steven Tyler** and **Jennifer Lopez** with high-profile stars. Shortly after **Mariah Carey** signed on, it looks like fellow professional diva **Nicki Minaj** will take a seat at the judges' table as well.

"I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly. "A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at "Idol" during this difficult time.

As long as they stay in Jersey

After **Snooki** and **JWoww** couldn't find a town to shoot their "Jersey Shore" spin-off in, Manchester generously took one for the team. But now, neighbors in the low-key Jersey suburb are complaining and attempting to stop production of "Snooki & JWoww," reports TMZ.

We feel you, Manchester, but as reluctant "Jersey Shore" experts, we think you're overreacting. These days, Snooks is about one Yankee candle away from landing a Lifetime series.

LaBeouf in the buff

Popcorn darling **Shia LaBeouf** might be in a little over his head with his latest project, avant-garde director **Lars von Trier**'s graphic "Nymphomaniac."

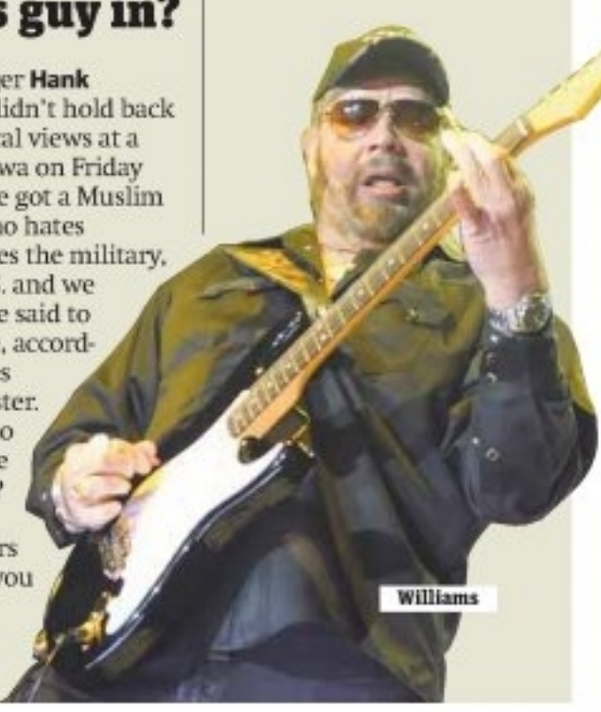
"There's a disclaimer at the top of the script that basically says, we're all doing it for real," LaBeouf tells MTV.com of the film's many sex scenes. "And everything that is illegal, we'll shoot in blurred images, but other than that, everything is happening. He's like the most dangerous dude that I've ever showed up for. I'm terrified. I'm so terrified."

You and everyone who made it through "Transformers: Revenge of the Fallen," Shia. You're in good, terrified company.

Come on, who let this guy in?

Country singer **Hank Williams Jr.** didn't hold back on his political views at a concert in Iowa on Friday night: "We've got a Muslim president who hates farming, hates the military, hates the U.S. and we hate him!" he said to the audience, according to the Des Moines Register.

Hank, who let you all the way up here? Go back to Metro's letters page where you belong.



Williams

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@chriscolfer
Does anyone else imagine @DianeSawyer when they think of God? Maybe I just watch too much news.

@katyperry
Meditation is the new xanax.

@ConanOBrien
Should I be worried? My son just filed the serial number off his squirt gun.

@SethMacFarlane
I fear no man or thing the way I fear a bee in my car.

O'Brien

Talking points

Phyllis Diller passes away at 95

Comedian and actress **Phyllis Diller** died yesterday at the age of 95 in Los Angeles. She had recently suffered a fall and injured her hip, reports TMZ. Diller, who began her career in television in 1952, frequently collaborated with Bob Hope and is credited with paving the way for female comedians. She continued to work until recently, making cameo appearances and performing standup in 2007 on "The Tonight Show." In 2005, Diller was one of many comedians to put her spin — quite successfully — on an infamous dirty joke in "The Aristocrats."

▶ Diller

Rosie O'Donnell recovering after heart attack

Rosie O'Donnell suffered a heart attack last week despite waiting a day to go to the hospital, she writes on her blog. She credits the aspirin she took with helping her to survive what she says was a "widow maker" blockage that required a stent. "I am lucky to be here," O'Donnell wrote, encouraging others to call 911 at the onset of symptoms.

Prince Harry kicking back in Las Vegas

With the London Olympics behind him, **Prince Harry** headed to Las Vegas this weekend for some fun and relaxation, according to People magazine. The royal bachelor was able to enjoy himself at the MGM Grand's poolside venue Wet Republic without drawing too much attention thanks to the presence of **Jennifer Lopez**, who was throwing a party a few bungalows away. He didn't go entirely unnoticed, of course. "He definitely loved the attention, but he looked to be a gentleman with all the women," a source says.

▶ Prince Harry is royally relaxing.

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Beauty picks

Redken For Men Clean Brew extra cleansing shampoo, $12, www.redken.com

A cold brew ... for his hair

Sure, dudes like beer and pretzels — but do they want to shampoo with them? Redken seems to think so. Its new shampoo gets rid of dirt and oil using three ingredients found in brews: malt (to condition), brewer's yeast (to strengthen) and orange zest (to purify). But don't worry about your boy smelling like the pub. The shampoo boasts a citrus scent with notes of musk and apple, which sounds like taking a stroll in the park with a stud. Just so it's clear — we're drawing the line at any kind of bacon-infused body wash.

The NARSskin line hits counters Sept. 1 and is available now at www.saksfifthavenue.com

Nars brightens your day

"The best skin is skin that can reflect light," says Francois Nars, make-up artist extraordinaire. In order to help our skin glow, Nars has expanded into skin care territory with a new line of brightening, anti-aging products. (Everyone knows that when your skin looks good, your make-up looks even better.) The nine-piece line called NARSskin ranges from a Gentle Cream Cleanser ($29) to an Optimal Brightening Concentrate serum ($72). The collection is made with the brand's exclusive Light Reflecting Complex, along with a blend of ingredients such as Polynesian seawater and algae extract (to clarify skin and moisturize), a concentrated dose of Vitamin C (to even skin tone and repair signs of aging), Beech Bud extract (to boost collagen production) and Noni Fruit extract (to combat dull skin).

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MIKE BIRBIGLIA'S MAKE-OUT MEMORIES

Read the book that inspired the movie of the same title, which comes out next month ● The new edition is introduced by Ira Glass

Mike Birbiglia is a comedic Renaissance man, dabbling in many paths to produce laughter: film, theater, stand-up, radio and a book.

His 2010 memoir, "Sleepwalk with Me: and Other Painfully True Stories," has been republished with a new foreword from Ira Glass for the wide release of his movie, "Sleepwalk with Me" (for which Glass was a co-producer and co-screenwriter).

Birbiglia shares traits with some of today's top comedians. He has Louis C.K.'s intrepid honesty, without the intense cynicism toward relationships. He has Demetri Martin's low-key personality and subtle delivery. And he has Jim Gaffigan's all-American appetite. ("I would marry pizza, but it would just be an elaborate ploy to eat her whole family at the reception," Birbiglia quips.)

For Birbiglia fans, the book doesn't contain too much new content, and that's a blessing and a curse. Readers who are familiar with Birbiglia's two appearances on "Comedy Central Presents" and his extended special, "Mike Birbiglia: What I Should Have Said Was Nothing — Tales from My Secret Public Journal," will recognize the vast majority of his popular jokes. However, Birbiglia followers will enjoy seeing how jokes translate from stand-up comedy performances into text, and where Birbiglia places emphases while telling them.

New York Times Bestseller
A comedy for anyone who's ever had a dream. And then jumped out a window.
Foreword by Ira Glass
"A radical achievement. You will want to play in Mike's childhood home...and walk lucid through his dreams." —Lena Dunham
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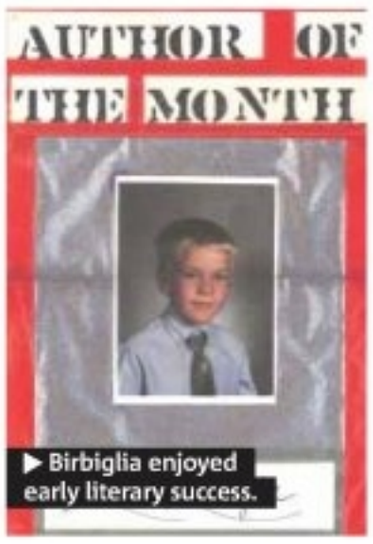

Although Birbiglia's style is often personal — sometimes uncomfortably so — he gains emotional traction with his audience by exploring his familial relationships to a greater extent than he has ever done in stand-up.

Those unfamiliar with Birbiglia's body of work can expect depictions of awkward experiences from his childhood and adulthood that most sane people would strain to repress. What's best about Birbiglia is that he looks his audience square in the eye, and then proceeds to detail his most embarrassing memories, from his first make-out session to his infiltration of a NASCAR focus group in order to snag some free cookies.

This is what makes "Sleepwalk with Me" so appealing — it's a no-holds-barred look into the psyche of an average guy, who, through his own modest nature, is exceptionally funny.

KILLIAN YOUNG
letters@metro.us

TV watch list

'Face Off'

REALITY. This very cool special effects make-up competition sure knows its audience, doubling up on the geek factor for tonight's premiere. "Lord of the Rings" star Sean Astin guest stars in an episode that tasks the new crop of artists with creating an alien inspired by the famous "Star Wars" cantina scene. **Season premiere, 9 p.m., Syfy**

'Do Something Awards'

SPECIAL. The guys from "New Girl" honor young people making a difference in their communities, as opposed to the rest of us sitting on the couch watching other people save the world. **9 p.m., VH1**

'Our America with Lisa Ling'

REALITY. Host Lisa Ling explores — er, investigates — the lifestyle of couples who are swingers. **10 p.m., OWN** ● AMBER RAY

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Anna Kendrick gets 'playfully offended'

The 'ParaNorman' star got her part as an annoying teenage girl based on the sound of her voice ● Why the actress is 'just bathing in dorkiness'

Anna Kendrick assumed she got her part in LAIKA Inc.'s stop-motion animated "ParaNorman" — as the title character's obnoxious older sister — because of her work in the "Twilight" series. But that wasn't exactly the case. Luckily, the Oscar-nominated actress knows how to take even the most awkward of compliments.

LAIKA, INC.

▶ Anna Kendrick gives voice to irksome teenager sister Courtney in "ParaNorman."

When you're cast to do a voice for a character some could describe as annoying, how do you take that?
Well, it was funny because actually I had assumed this was the first job offer I'd ever gotten because of "Twilight." Because everything else is sort of based on "Rocket Science" or "Up in the Air" — and now "50/50" and so on and so forth. This is such a different character, that I thought this has to be based on my character in "Twilight." I asked them about it, and they said they'd never seen "Twilight" and they just heard my voice in an interview and thought it would be good, and I was like, "I don't know how to take that at all. Thank you, I think?" (laughs) You know, I was like, playfully offended.

Did you make it up to the LAIKA studio in Portland, Ore.?
All my [voice-recording] sessions were in L.A., but I did make a special trip up to LAIKA just to see the sets, and I saw them when they were being taken apart, so I got to kind of walk around in them, and that was really special. ... All the other actors were jealous that I got to walk through and take pictures, like, inside the set — as a 50-foot woman.

Did you take anything with you, like slip a tree in your pocket?
Oh, no. I considered it, but I thought I'd get in trouble. They gave me a mini bust of Courtney, which is hilarious because she's so silly, and to have this really stately bust of her on my bookshelf is great. She's got a lot of ... physicality to work with.

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Q&A: Getting musical

After starting in theater, you made your move to film with "Camp" almost 10 years ago.
I'm really glad that it worked out that way, because I think if I'd been plopped into a normal film set, I think I would've been utterly bewildered and terrified. The fact that it was about musical theater and we were all first-time film actors just made it a really easy environment to ask questions and understand the process of filmmaking.

And you're singing again in "Pitch Perfect" this fall.
I geeked out extra hard when we got there and we were learning all the music. I live for that s---. I was like a pig in mud, just bathing in dorkiness.

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Why family dinnertime matters

Studies show...

- Research in The American Academy of Pediatrics found that kids who have regular family dinners experience a lower incidence of obesity.
- Columbia University's National Center on Addiction and Substance Abuse found that kids who eat family dinners get better grades in school and are less likely to try drugs or alcohol.
- A recent data review by Rutgers suggests that family dinners can boost produce consumption and reduce feelings of depression in teens.

Source: The Kids Cook Monday, whose toolkit for family dinner planning is available online at www.thekidscookmonday.org

Apart from providing an opportunity to bond over a meal, sitting down in a semi-formal setting around a table and sharing discussion can prepare children for school group settings and enhance social skills.

"It provides a model for socialization during eating. It can teach children manners and they learn how to have a conversation," says Dr. Jessica Hoffman, Ph.D., an associate professor in the department of counseling and applied educational psychology at Bouve College of Health Sciences at Northeastern University.

"It's an opportunity for children to expand their vocabulary and speech skills," she continues. "When children listen to parents and older siblings talk about their day, or items in the news, it helps develop language skills and to develop critical perspectives."

Having family dinners also provides parents with an additional tool to keep a check on their children's progress at school, and can be an important daily link to their children's classroom.

▶ Your kids can learn how to gab and increase their vocab just by breaking bread with you.

WAVEBREAK MEDIA

"Family dinnertime is an opportunity for parents to monitor what's going on in their children's lives and spot any possible academic problems," adds Dr. Hoffman. But if the matter is a personal one, it's best to discuss it in private. "Conversation should always be kept in a family context and be sensitive to who is there. Explosive topics should be kept for one-on-one situations," she says.

Putting family dinners on the schedule also provides structure for you and your family. But be realistic — it's OK if schedules don't allow for togetherness every night.

"It doesn't have to be all-or-nothing," advises Dr. Hoffman. "Do it as often as you can without stressing about it — but the more family dinners you share, the better."

LINDA CLARKE
letters@metro.us

Log on

If your kid needs an incentive to eat more veggies, Birds Eye Vegetables wants to help. It's teamed up with Nickelodeon to give your little chef the chance to create a silly veggie dish for a future episode of "iCarly." Check out www.nick.com/birdseye.

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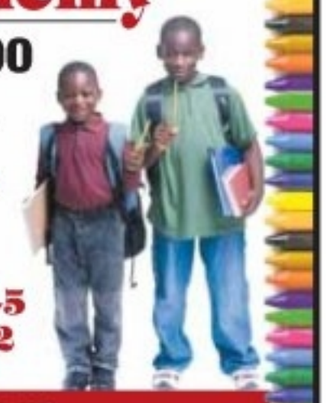
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Unit 2138	Latoya McCullough	Lamp, Bags	Unit 4005	Dawn Maynor	Plants, Totes, Fan, Bed Frame, Clothing
Unit 2250	Katrina Troop	Speakers, Golf Clubs, Tools	Unit 4055	Cornell Ford	Bags
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Letters

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Obamacare not what you think it is

RE: "UNDER OBAMACARE, ELDERLY WILL SUFFER" (METRO, AUG. 20) If Mr. Sangenario wants to talk simply, he should stick to some facts rather than venturing off into fantasy fear-mongering.

President Obama's plan is to cut waste and fraud from Medicare. Paying subsidies to insurance companies who then spend less than 35 percent of that money on health care is what some people call waste. Using Medicare funds for health-related expenditures only is what Obama calls cutting fraud. What are people in favor of if they are against this?

Obamacare, or the Affordable Care Act, does not simply "cover" more people with tax dollars. The ACA brings in more people to the group of us who pay our fair share and cover our families with health insurance through private health insurance companies. Let's put fantasy aside and READ.

SCOTT KEELEY, VIA E-MAIL

Akin has a hole where his heart, brain should be

Todd Akin's comments concerning "legitimate rape" prove the conservative attitude towards women's issues: They simply don't care about them! An estimated 30,000 women a year become pregnant by rape in this country. Abortion should be legal on that fact alone. Wealthy people aren't concerned if Roe vs. Wade is overturned or augmented. They would simply fly their loved ones to Canada and have the procedure there. Romney, Ryan and Obama can easily afford this for their daughters. Can you?

RICH BRITTLE, VIA E-MAIL

Gay rights sides not made equal

There's an important distinction that is not being made in this whole gay marriage/Chick-fil-A argument. If the pro-gay argument prevails, anti-gay people can and will continue with their lives unchanged and unaffected. If the anti-gay argument prevails, they will in fact be imposing their moral value judgments on the rest of us, with the full force of law behind them. They will effectively be condemning us to the legally-sanctioned status of second-class citizens. We pro-gay people would never dream of doing that to them. So, let's not pretend that the two sides are arguing from an equal footing, or with any degree of equality or respect.

GARY DAY, PHILADELPHIA

Done anything for your country lately?

What's the difference between Republicans and how many Democrats think? Here is the difference: When a Republican and a Democrat go out to lunch together, the Republican picks up the bill. The Democrat expects a free lunch and then questions if the Republican left a good tip for the waiter. Free food, free health care, free housing — is there no end?

President Kennedy said "ask not what your country can do for you but what you can do for your country"! What happened? This is not the Democratic Party he would be proud of.

JOHN MCLAUGHLIN, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♌ Leo **July 23-Aug. 22.** Chores assigned to you won't be as burdensome as you might suppose. A little positive thinking on your behalf could considerably brighten your outlook.

♍ Virgo **Aug. 23-Sept. 22.** There is much more to life than merely its material aspects. If you allow yourself to dwell on what you don't have, chances are you'll miss out on the finer things available to you.

♎ Libra **Sept. 23-Oct. 23.** Doing things others think are much too difficult to manage will provide you with enormous gratification. You won't retreat just because of some challenging developments.

♏ Scorpio **Oct. 24-Nov. 22.** Make plans to get out with some of your friends and keep yourself busy. If you become too introspective or totally withdrawn, there's a good chance that depression will set in.

♐ Sagittarius **Nov. 23-Dec. 21.** Be hopeful and positive, but also realistic — especially if you're involved in some type of new endeavor. You can't be too conservative when making projections.

♑ Capricorn **Dec. 22-Jan. 19.** You must not slack off, no matter how many difficult obstacles confront you in your pursuit of an important objective. Victory is achievable when you're tenacious.

♒ Aquarius **Jan. 20-Feb. 19.** Being too stiff-necked or uncompromising will severely limit your opportunities. Keep an open mind.

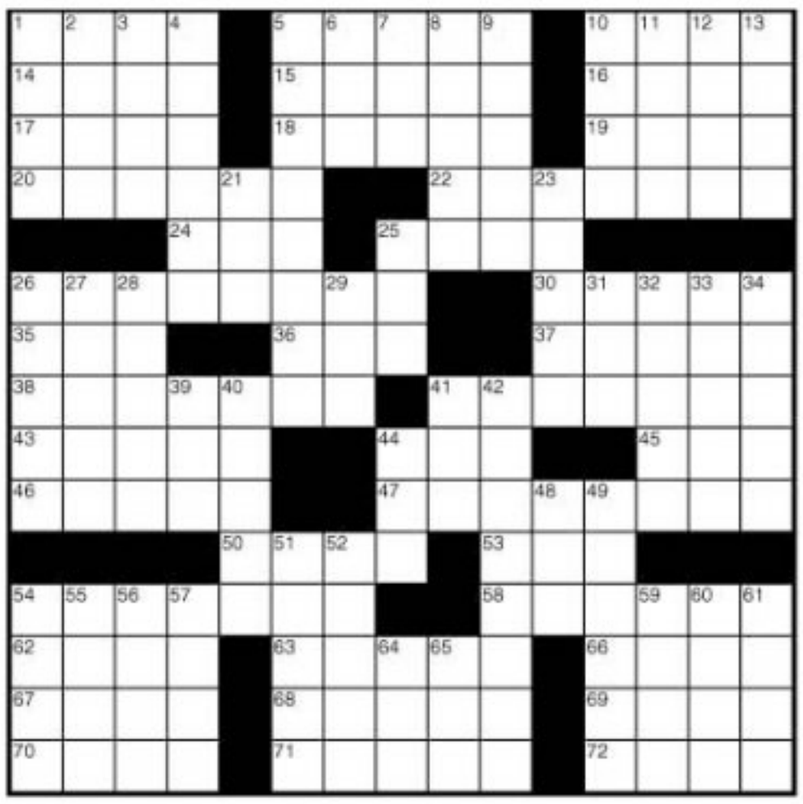
♓ Pisces **Feb. 20-March 20.** Be exceptionally careful about volunteering to do something for another. There's a strong possibility that you could be getting in way over your head.

♈ Aries **March 21-April 19.** It's a waste of time to attempt to win the support of someone who diametrically opposes your position. Work around this individual and seek out your allies elsewhere.

♉ Taurus **April 20-May 20.** "A day's work for a day's pay" is the motto that you should be most aware of. There aren't any free rides coming your way, but hard work will pay off well.

♊ Gemini **May 21-June 20.** Because you like people so much, usually you do your very best to maintain a harmonious relationship with everybody. Today, you might have to deal with someone you're not ready to forgive.

♋ Cancer **June 21-July 22.** Faulty methods or procedures will thwart you in your quest for accomplishment. The reason will be obvious to everybody, but you're unlikely to take any advice. **BERNICE BEDE OSOL**



Across
1 Popular salad
5 Boat fronts
10 Cry of surprise
14 Little chirper
15 Woodworking tool
16 Footnote abbr. (2 wds.)
17 Ms. Dinesen
18 Free
19 Break the news
20 City near Vesuvius
22 Steppe
24 Pause fillers
25 Furtive whisper
26 Devise
30 Strides along
35 Color
36 Academic stat.
37 Give a home to
38 Naval officers
41 Lack
43 Role seeker
44 University of Utah athlete
45 Web suffix
46 "Goodfellas" Oscar winner
47 Tennis gear
50 Mend a heel
53 Purview
54 Likes instantly (2 wds.)
58 Most unusual
62 __ dunk
63 Synthetic fabric
66 Potpourri
67 __ spumante
68 Habituate
69 Isn't capable
70 Tooth part
71 Invited
72 Patella site

Down
1 Bed size
2 Bear in the sky
3 Lowest high tide
4 Short sock
5 Math symbol (2 wds.)
6 Oversaw
7 Slugger Mel __
8 Makes meringue
9 Psychics
10 Sasquatch kin
11 Route for Ben-Hur
12 Sanskrit dialect
13 High-fashion mag
21 Be off-base
23 Reference book
25 Kiddie's ammo
26 Of poor quality
27 Pint fraction
28 Twig-and-mud homes
29 CEO aides
31 Type of poem
32 Puerto Rican port
33 Disney site
34 Wineglass parts
39 Summer Games org.
40 Power systems
41 __ __ loss
42 Summoned
44 40-cup brewer
48 Proof ender
49 Leave the space station
51 Courtyards
52 Dappled horses
54 Romanov title
55 In addition
56 Green Hornet's valet
57 Throw off heat
59 Zeal
60 Trig function
61 Carryall
64 Hearty laugh
65 Sourdough's strike

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SUDOKU **LEVEL: EASY**

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6				4	5		1	2
	2					6		
				3		7	4	
			6		2			
	8	1		5				
		8					9	
1	4		9	2				8
	7	9				4	6	

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

M	A	C	E		T	B	S	P			J	A	G	
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T	R	I	O		E	A	T	I	N		K	N	O	T
H	O	P	P	E	R	S		D	U	B	I	O	U	S
		I	M	P	S			C	C	I				
U	R	A	N	U	S		W	A	K	E	N	I	N	G
L	E	G	G	S		T	A	L	L		G	O	O	N
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A	R	N	E		O	A	F	S		T	O	A	S	T
S	M	A	S	H	U	P	S		R	E	U	S	E	S
		C	A	L			D	I	R	T				
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A	U	T	O		S	O	L	E	S		A	V	I	D
S	L	O	W		H	O	Y	L	E		C	A	B	S
K	A	N			M	E	S	S			E	L	S	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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PAT HEALY/METRO

▶ No, it's not Europe. It's Quebec City!

European vacation (in North America)

If you're not afraid to put 1,000 miles on your car, Quebec offers an across-the-pond experience

Summer can get away from you if you're not careful. If you have some PTO left and haven't booked a plane ticket yet, a roadtrip to Quebec can be the perfect getaway. Visiting the nation to our north is like a European vacation without that pesky flight across the pond.

Montreal

Montreal could be the most vibrant, least intimidating city in North America. And it's all in how it's mixed. Residential areas sit in streets just behind main thoroughfares, and mainstream shops sit on the same blocks as secondhand stores, start-up art galleries and decadent nightlife destinations. For these reasons there's no such thing as a "bad area." The city is in love with art and its artists and constantly hosts citywide festivals. From now through September, 15 different festivals are scheduled, celebrating such diverse interests as literature, tattoos and pop music.

To do and eat: The best way to get around the city and see as much as possible is to use Montreal's enviably comprehensive **Bixi** system. With bicycles set up in 411 different locations around the city, you're able to rent a bike for a half-hour at a time to check out all the shops on the hill. Plus, the city is so bike-friendly in its road design that you can feel relatively safe zooming down St. Urbain. There are too many top-notch restaurants to thoroughly examine here, but we highly recommend **Cafe Du Nouveau Monde** (www.tnm.qc.ca) and **Nora Gray** (www.noragray.com).

If you go

- **Miles from Philadelphia to Montreal:** 449
- **Miles from Montreal to Mont Tremblant:** 90
- **Miles from Mont Tremblant to Quebec City:** 233
- **Miles from Quebec City to Philadelphia:** 594
- **Total miles you'll put on your car making the trip:** 1,366

Quebec City

To see: If you visit Quebec City before the beginning of September, you'll have a chance to experience the outdoor cinematic art installation known as the **Image Mill**. Industrial grain silos become an enormous movie screen (98 feet high and 1,968 feet wide!). The multimedia presentation abstractly details the history of the region, something its people are well-versed in. The film is even more rewarding if you learn in advance the intriguing details about why the people in this region speak French but have the Queen's face on their currency. The Image Mill is free, as is the city's **Cirque du Soleil** show, **"Les Chemins Invisibles,"** staged beneath a highway overpass.

Another indisputable part of Quebec City's charm is its location on the St. Lawrence River. To fully appreciate the view, hop aboard any of the boats available from **Croisieres AML** (www.croisieresaml.com/en). The hour-and-a-half option provides amazing glimpses of the iconic **Chateau Frontenac** and **Montmorency Falls**, which at 275 feet high are almost 100 feet higher than Niagara Falls.

To eat: A restaurant called **Le Cercle** (www.le-cercle.ca) in the city's Saint-Roch district is worth a trip off the beaten path. Entrust your tastebuds to the experts and order La Mania; the cooks deliver a multicourse meal based on what's in season, and the bar staff perfectly pair drinks with it. After eating, head next door to the adjoining indie music venue.

PAT HEALY
pat.healy@metro.us

SCANDINAVE SPA

▶ Scandinave Spa features pools for body-warming, beneficial cold rinses and a relaxation period.

Delightful detour: Mont Tremblant

Mont Tremblant is a detour between Montreal and Quebec City, but it's worth it just to experience the magical relaxation available at the **Scandinave Spa** (www.scandinave.com/en/tremblant). It's not just the massages that make a trip here a must after hiking up the mountain or riding the **ziplines** (www.tremblantactivities.com). What makes this spa so special is its prescribed hot/cold/cool down program. You spend 15 minutes in a steam room or hot tub, dip in a colder pool or the nearby lake quickly and then chill out in one of the ultra-comfortable double-hammocks hanging between the trees. The village at Mont Tremblant may feel like it was made by the same people who brought you the Christ- mas Tree Shop, but you'll forget that as soon as the food arrives at **Aux Truffes** (www.auxtruffes.com). We recommend the pan-seared scallops or the Quebec Boileau's red deer fillet.

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9-Day Caribbean $599* Fr. pp — Ocean View $699* Fr. pp, Balcony $949* Fr. pp

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3

Admitted

Jackson at half speed in 2011

DeSean Jackson told ESPN yesterday that he didn't give a full effort last season.

The Eagles receiver was thinking about his contract, and trying to protect himself from getting hurt.

"I let it get to me, even though I tried not to let it. ... Now I'm just giving it all."

Jackson turned in his lowest yardage total since 2008 in 2011.

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WANT MORE EAGLES?
COVERAGE OF LAST NIGHT'S GAME ONLINE

Opinion

ANGELO CATALDI

THE VOICE OF THE PHILLY SPORTS FAN

JIMMY, CHARLIE WEARING OUT WELCOMES

What was charming four years ago is infuriating today. Jimmy Rollins had a cocky style back in the championship season, a swagger that captivated Philly. Charlie Manuel was a bumbling genius, the stammering soul of a beloved ballclub.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send submissions to letters@metro.us.

Now, a depleted Jimmy Rollins and a defeated Charlie Manuel are just an embarrassment — to their city and especially to their own legacy. In this season of discontent, they are the embodiment of our disappointment, two former heroes who are a constant reminder of the painful passage of time.

Yet another reminder of their futility came last week. It all began when Rollins bounced a grounder to short and left the batter's box with all the urgency of a tourist at Independence Mall. He was barely halfway down the baseline when Jose Reyes flipped the ball to first.

Quoted

Rollins and Manuel are symptoms of a fatal disease gripping the Phillies.

Rollins' lack of hustle was so egregious that the Phillies' broadcasters on radio and TV lambasted him in unison. Unfortunately, they were the only ones who did. His teammates never mentioned it when Rollins slogged back to the dugout, and Manuel looked the other way.

The next morning, the city reacted angrily on my WIP radio show, foreshadowing a meeting later that day between Manuel and Rollins and then some insulting comments from both. Manuel said Rollins seemed contrite, so there would be no punishment. Rollins said something was bothering him, but he wouldn't say what.

Well, something is bothering me, too, and I have no reluctance to blurt it out. Rollins and Manuel are symptoms of a fatal disease gripping the Phillies. The players don't care.

And the man responsible for that attitude is the same clubhouse maestro who got all the credit for manipulating the psyche of his club all the way to a parade on Broad Street. Manuel's shrug at Rollins' behavior was one more example of his work this whole season. He has done nothing to rescue a drowning ballclub.

When the Phillies decided to sign Rollins to a three-year, $33-million contract last winter, my voice was among the loudest against that move — both because the shortstop is one of the worst lead-off hitters in baseball and because the team had a promising replacement in Freddy Galvis.

The good news is, despite his decline, the playoff-tested Rollins will be tradable after the season, especially to a contender. Meanwhile, the Phillies have a successor to Manuel already in place. Ryne Sandberg is an upgrade in every area, including the clubhouse.

All that remains is for the Phillies' organization to cast aside sentiment and move into the future. It's time for Jimmy Rollins to take his bad attitude elsewhere. And it's well past the time for Charlie Manuel to meet the eventual fate of all folk heroes.

It's not 2008 anymore. Say goodbye, Jimmy and Charlie.

*– **Angelo Cataldi** is the host of 94 WIP's Morning Show, which airs weekdays 5:30-10 a.m.*

Hooked on a feeling, for now

The first blush of a summer romance has overtaken our city again, just as it did in the early days with Allen Iverson, Cliff Lee and Eric Lindros. The new source of our blind adoration is Andrew Bynum.

In an outpouring of love that exceeded expectations (and logic), more than 700 fans turned out to greet the seven-footer at his public news conference. Bynum, following the script perfectly, detonated an explosion of cheers when he said he wanted to make his home here. Of course, like all relationships, the flaws will soon surface. Bynum's me-

RIXARD LARMA

▶ Bynum

first attitude got him booted from the Lakers despite his age and talent. His commitment to improvement is dubious at best, given the public criticism offered by his former assistant coach, Kareem Abdul-Jabbar. And then there are those knees.

Bynum will be heading to Germany soon for a bizarre blood-platelet procedure on his knees that will, in theory at least, re-grow some of the cartilage missing from the joints. It's hard to ignore the timing of the treatment, just before his walk year in the NBA. Is Bynum going to this extreme to ensure a longer career, or just to stay healthy in a contract year?

These are all concerns and questions for another day. Right now, Sixer fans have a star attraction, the first genuine reason to buy tickets since Iverson's prime. Everything Bynum says is either hilarious or inspiring. Every smile is charming and warm. Every appearance is an event.

If only this feeling could last.

Idle thoughts from Cataldi

1 **No glove love.** Dom Brown has improved since his last visit with the Phils. He makes contact more and he seems focused. Unfortunately, he remains a butcher in right field, as evidenced by his dropped fly ball last weekend. Until he fixes that glove, he's still just pretending to be a big leaguer.

2 **Regrets only for Amaro.** Is this horrible season a preview of coming attractions for Cliff Lee, or just a bad year? No one can answer that yet, so here's a better one: Would you risk $75 million to find out? That's what Ruben Amaro did when he rejected the Dodgers' waiver claim. He will regret it.

3 **Is Vick still talking?** Mike Vick needs to put his mouth in mothballs for a while. First, he did a book tour reliving his prison days, then he talked about an Eagles dynasty and last week he blabbered about what it takes to win a Super Bowl. We don't need another Donovan McNabb, Mike. Shut up. Please.

GETTY IMAGES

▶ Strasburg will be shut down in the coming weeks.

Rizzo, king of robots

In a baseball world glutted with robots, a true king has emerged: Mike Rizzo, a longtime scout who lucked into the GM job in Washington. Armed with a radar gun and a crystal ball, Rizzo has decided to take the game's preoccupation with numbers to a whole new level.

As the Nationals are approaching their first playoff berth, Rizzo is adamant that he will shut down Stephen Strasburg because his ace will reach an arbitrary innings limit. The exact number is still in question, but it is around 170.

Rizzo's thinking is, since Strasburg had elbow surgery two years ago, the risk rises dramatically for a new injury once Strasburg reaches a magic number of innings. Not a single medical study supports this theory, but so what? If a 120-pitch limit for starters is gospel, why not 170 innings for kids coming off Tommy John surgery?

I'll tell you. Because the whole point of a season is to try and win a title. Because from the time Strasburg was a boy, this was his dream. Because the essence of competition is a full effort, every season, every pitch.

You can forget about the Nationals winning it all, even though they have the best record in baseball. They have been eliminated by a robot named Mike Rizzo.

Vick injures rib, leaves in first quarter

X-rays negative on QB He exits at 6:01 mark Foles in as backup

GETTY IMAGES

Vick hasn't seen much playing time in two preseason games.

It was supposed to be a final tune-up, a dress rehearsal for the Sept. 9 opener. Let's hope the Eagles were pretending.

Andy Reid had penciled in his starters for two-plus quarters. Mike Vick lasted just two offensive possessions, leaving with 6:01 showing in the first quarter. The quarterback took a hit to his ribs from Pats LB Jermaine Cunningham.

Vick was escorted off the field by trainers and taken into the locker room for X-rays. Those X-rays were negative, but Vick didn't return.

Nick Foles, who supplanted the injured Mike Kafka as the backup last week, took over for Vick, who went 1-for-3 for five yards before leaving. Vick also ran once — diving headfirst for five yards.

LeSean McCoy scored his first TD of the preseason, on a 1-yard run, and racked up 26 yards on six carries.

Foles, playing against second- and third-teamers again, was impressive at times. He went 8-of-15 for 75 yards and led two, first-half touchdown drives, hooking up with Clay Harbor on a 1-yard strike. Foles also chucked an interception right before halftime.

With the Eagles' offense nursing its wounds, the defense couldn't stop the Patriots in the first half. Even without Tom Brady and the starting unit, New England's backups bullied the Eagles' starters. Ryan Mallet led the Pats on a 13-play, 80-yard drive capped by a 7-yard TD toss.

12

Offensive plays for Vick in two preseason games. The Eagles QB was slated to play into the third quarter last night before injuring his ribs. He left last week's game after hurting his hand.

MIKE GREGER
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Fans still love Pence

Hunter Pence's impact will be on display today when the Phillies host the Reds. The team is giving away his bobble-head figurine — even though he was traded.

Phillies Director of Merchandise Scott Brandreth noted that the club is giving the fans what they want.

"A lot of the fans bought tickets for the bobblehead," Brandreth said. "We thought we might as well make them happy and still give it out.

"It's a collector's item. And Hunter has been very supportive," he said "He wants us to give it out." ED CONDRAN

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